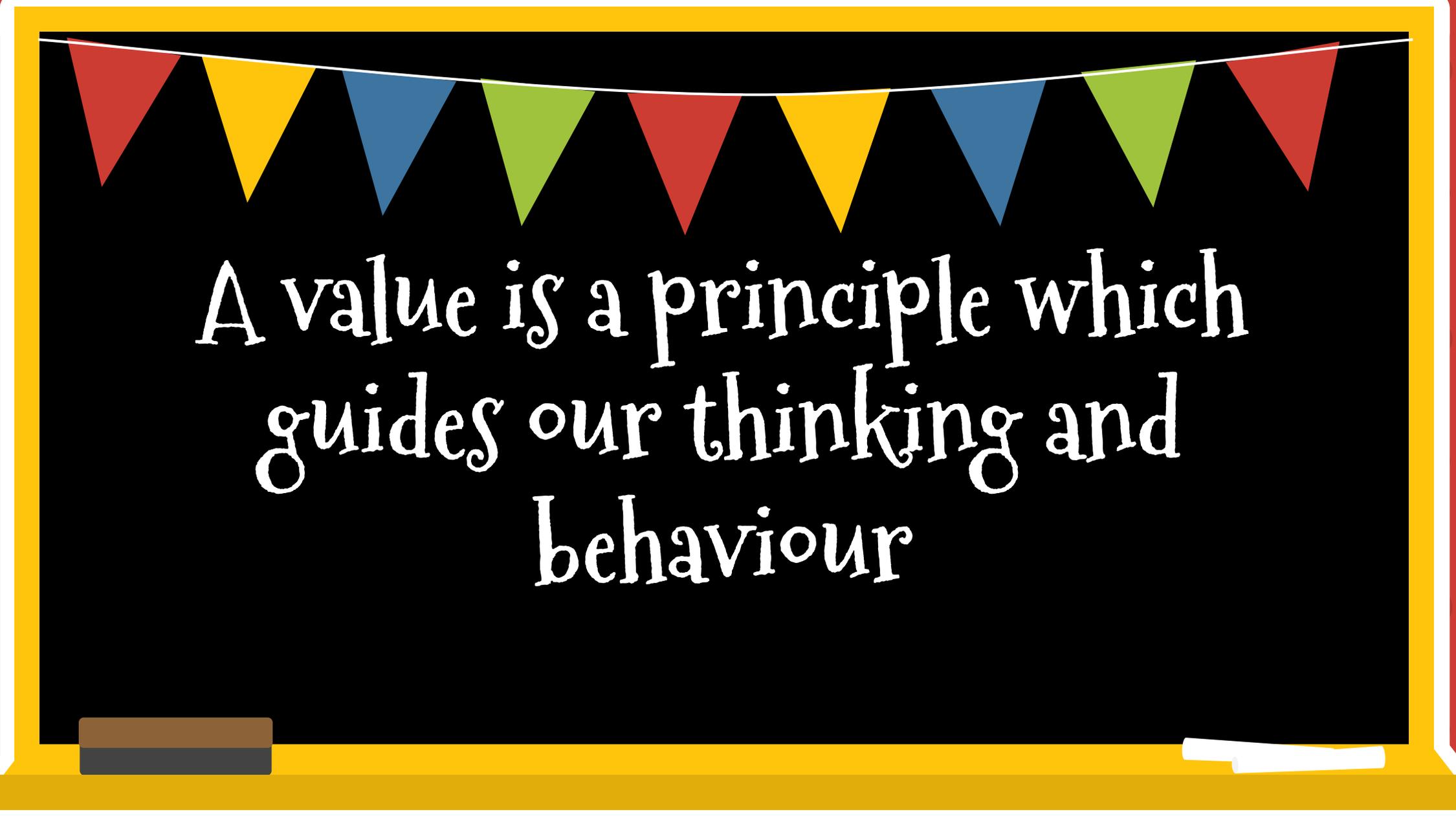






Value of the Month

April 2024



A value is a principle which
guides our thinking and
behaviour



September - Respect
October - Consideration
November - Tolerance
December - Hope
January - Determination
February - Love
March - Confidence

Last month's value

How did exploring the
value of **Confidence** guide
your thinking and
behaviour?





April 2024's Value

Self Control

What does

Self Control

mean?

Self-control is the skill of being able to control your own emotions, impulses and feelings. If you have good self-control, you're able to make positive decisions for yourself, manage your emotions healthily and delay gratification in certain situations (when required).



What does

Self Control

mean?

Will power

**Knowing right
from wrong
and acting on it**

**Self
discipline**

**Controlling
our
emotions**

Self discipline



MINI MOVIE

THE
MARSHMALLOW
TEST



slidesm

<https://www.youtube.com/watch?v=mZUTZKbe4hI> - Video explainer!



Temptation is:

We each have things that we love...

What is your biggest temptation?

How do you try to control things?

- Crisps
- Chocolates
- Sweets
- Phones
- Computers



T^emp^ta^ti^on

In small amounts these are fine but we need Self-Control to prevent us having too much of them. But this can be very hard!

How does it feel when you want something but try not to have it?



Temptation

In small amounts these are fine but we need Self-Control to prevent us having too much of them. But this can be very hard!

In small amounts these are fine but we need Self-Control to prevent us having too much of them.
But this can be very hard!



What does

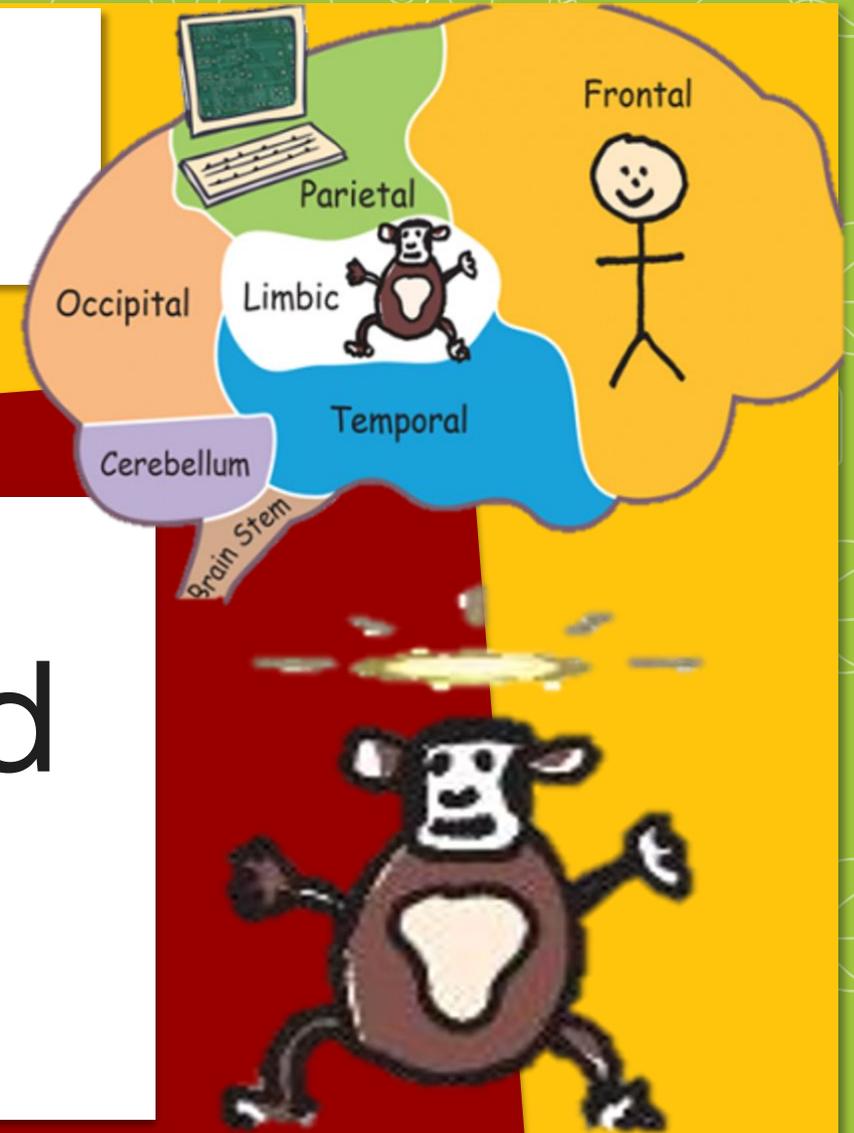
controlling our emotions look like?

Self-Control is very important in our friendships and relationships.

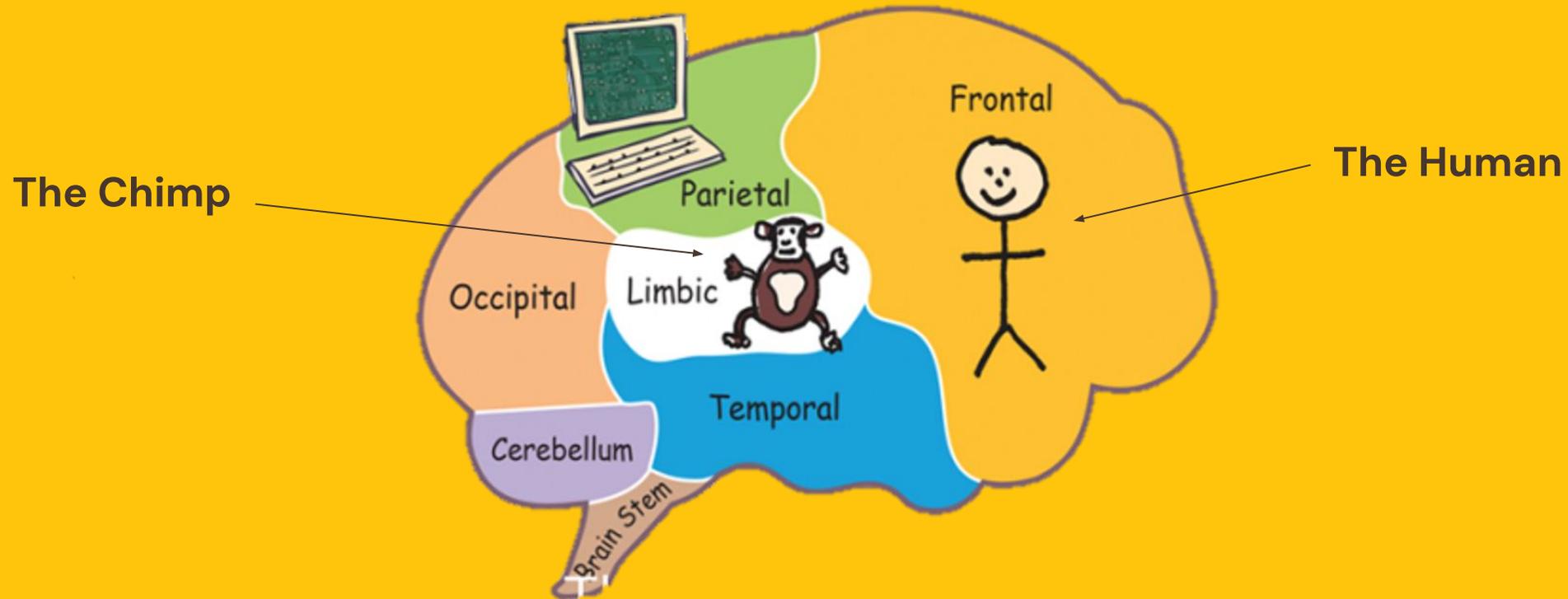
How we respond to situations changes how people feel about us and how they will behave towards us in the future.

Self Control

Managing our mind
and our emotions



Self Control



- These 2 parts of the brain developed first
- They think in different ways – it's like 2 different people being in your head

Self Control

- **Over reacts**
- **Can be paranoid or worry about things that aren't real**
- **Doesn't wait for all the information**
- **Emotional**
- **Very quick to judge**
- **Jumps very quickly to an opinion**
- **Can twist the facts to suit its opinion**

The Chimp



The Chimp

Self Control

The Human



The Chimp is an emotional machine that will take over if you allow it to. It is not good or bad – it is *a Chimp!*



The Human must learn to recognise when the Chimp is in charge. Don't try to control it – but learn to manage it!

What does

controlling our emotions

look like?

**Let's think about some ways to help yourself
when you need to use SELF CONTROL?**

What does

controlling our emotions

look like?

Pause

**Get some
more
information**

**Let's think about some ways to help yourself
when you need to use SELF CONTROL?**

**Breathe -
take deep
breaths**

**Talk to
someone
you trust**



BREATHE.
As I zoom my attention to my breathing, I will take extra long out-breaths.



Imagine a peaceful and calming place.



Ask my teacher for help if I feel upset or overwhelmed.



Roll my neck and shoulders.



Think of at least 3 things I am grateful for.

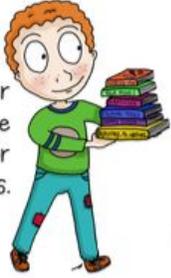


Tell my teacher I would like to help or take on a classroom responsibility.



Squeeze my fists together as hard as I can...hold...then relax my hands.

Ask to deliver books to the library or another class.



Push against the wall as hard as I can and then relax my body.



Ask my teacher for help if I feel upset or overwhelmed.



Doodle, draw, or color.

1...2...3...
4...5...

Count to 10 and back together with my breath.



Use "I-statements" to express how I am feeling, what I need, or what I hope for.



I FELT HURT WHEN YOU CALLED ME A NAME I WANT TO BE TREATED WITH KINDNESS.



Invent a secret hand signal with my teacher that communicates I need help.

Squeeze a stress ball or use another teacher-approved fidget.



Ask to work with a buddy.



Stretch.



Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.



Move away from the distraction or person who is bothering me.



Write down my thoughts or questions if my teacher can't address them right away.



Volunteer to help clean or organize the classroom.



Ask permission to take a short walk down the hallway or up & down the stairs. And then return.



Drink water.

Pause

Devise a secret code word or signal with my teacher that means time to get back on track."

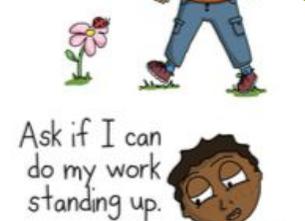


Go outside during recess and notice the sky, trees & sounds from nature.





Tell my teacher I need help with the assignment or lesson.



Zoom in on my senses and notice 3 things I see, 3 things I hear, and 3 things I feel.

